

# DENTURE CARE

Arizona Department of Corrections  
Health Service Bureau

Inmate Wellness Program  
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Dentures are made of very strong plastics that will last for many years if well cared for. If not cared for properly, they are more likely to break, discolor, and have the teeth fall out. Here are some tips to



maintaining your dentures correctly:

- **Preventing Breaks -**

Dentures are very slippery when wet! When you clean your dentures, take extra care not to drop them against the sink basin or any hard surface.

- **Washing** - After each meal or snack, dentures should be rinsed off with warm (not hot!) water. They should be brushed daily with a soft brush and toothpaste or mild soap. A special brush for dentures is available in the store, or a soft tooth brush will also work. Be very careful not to brush too hard as this can wear away the plastic. You will still want to brush your mouth regularly!
- **Chemical Cleaners** - The inmate store has cleaners to soak your dentures. A denture cup may be bought there also. Put the cleaned denture in the cup, and follow the denture cleanser directions. **Only put dentures in a cleaner specifically made for dentures.**
- **Sleeping** - Don't wear your dentures while sleeping. Soak them in the denture cup with water. By

leaving dentures out for several hours a day, your gums will be healthier. Do not leave them out of water for very long.

- **Loose Dentures** - Dentures will become loose over time as the tissue shrinks. This can cause sores and eventually may lead to cancer if left untreated for a long time. A denture reline can be done to fill in the space left by the shrinking tissues.
- **Immediate Dentures** - If your dentures were put in the same day that your teeth were removed, you will need to have several visits and treatments. Your mouth will change a lot after teeth are removed, and the dentures need to be changed as this happens. After about six months, a permanent reline may have to be done.
- **Adjusting Dentures** - Leave this up to the dental staff. Self adjustments will usually make the dentures not fit as well, and may make them unusable.
- **Annual Cancer Exam** - Always be alert for sores that don't heal under your denture, or for gums that don't look right. It is recommended that you send in an HNR every year so that the dentist can thoroughly check your mouth.